



Dear Teachers and Staff,

As you may know, Yonkers Public Schools supplies epinephrine autoinjectors, (EpiPen's) in both adult and pediatric formulations for every school. These medications are stored in the school nurse's office in the emergency bags.

In the recent past an Amendment was added to Education Law 921-a requiring all schools equipped with epinephrine autoinjectors to provide teachers, and staff, written informational material about their use, and signs and symptoms of anaphylaxis.

YPS Health Services has also developed a voluntary streamlined training for all staff conforming to NYS guidelines. At the completion you will receive a 12-month certification in Epinephrine Auto-injector training: [Epinephrine Autoinjector Training For Staff](#).

Enclosed you will also find helpful resources about the signs and symptoms of an anaphylactic reaction and indications for administration of an epinephrine autoinjector.

Please note, any person acting in good faith is protected under the Good Samaritan Law.

Please email: lmulcahy@yonkerspublicschools.org

Sincerely,








YPS Medical and Nursing Services

Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction





FOR ANY OF
THE FOLLOWING

SEVERE SYMPTOMS

-  **LUNG:** Short of breath, wheezing, repetitive cough
-  **HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
-  **THROAT:** Tight or hoarse throat, trouble breathing or swallowing
-  **MOUTH:** Significant swelling of the tongue or lips
-  **SKIN:** Many hives over body, widespread redness
-  **GUT:** Repetitive vomiting, severe diarrhea
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE
THAN ONE

MILD SYMPTOM

-  **NOSE:** Itchy or runny nose, sneezing
-  **MOUTH:** Itchy mouth
-  **SKIN:** A few hives, mild itch
-  **GUT:** Mild nausea or discomfort

**1 INJECT
EPINEPHRINE
IMMEDIATELY**

2 Call 911
Request ambulance
with epinephrine.

Consider Additional Meds

(After epinephrine):

- Antihistamine
- Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.

How to use an EpiPen® (epinephrine injection, USP) Auto-Injector



1 PREPARE

Remove the Auto-Injector from the clear carrier tube.

Flip open the yellow cap of your EpiPen® or the green cap of your EpiPen Jr® carrier tube. Tip and slide the auto-injector out of the carrier tube.

Hold the auto-injector in your fist with the orange tip pointing downward. Blue to the sky, orange to the thigh®.

With your other hand, remove the blue safety release by pulling straight up without bending or twisting it.



NEVER-SEE-NEEDLE® helps with protection. Protects against needle exposure before and after use.

NOTE:

- The needle comes out of the orange tip.
- To avoid an accidental injection, never put your thumb, fingers or hand over the orange tip. If an accidental injection happens, get medical help right away.

2 ADMINISTER

If you are administering to a young child, hold the leg firmly in place while administering an injection.

Place the orange tip against the middle of the outer thigh (upper leg) at a right angle (perpendicular) to the thigh.

Swing and push the auto-injector firmly until it "clicks." The click signals that the injection has started.

Hold firmly in place for 3 seconds (count slowly 1, 2, 3).

Remove the auto-injector from the thigh. The orange tip will extend to cover the needle. If the needle is still visible, do not attempt to reuse it.

Massage the injection area for 10 seconds.



3 GET EMERGENCY MEDICAL HELP RIGHT AWAY

You may need further medical attention.

If symptoms continue or recur, you may need to use a second EpiPen® or EpiPen Jr® Auto-Injector.

INDICATIONS

EpiPen® (epinephrine injection, USP) 0.3 mg or EpiPen Jr® (epinephrine injection, USP) 0.15 mg Auto-Injectors are for the emergency treatment of life-threatening allergic reactions (anaphylaxis) caused by allergens, exercise, or unknown triggers; and for people who are at increased risk for these reactions. EpiPen® or EpiPen Jr® are intended for immediate administration as emergency supportive therapy only. Seek immediate emergency medical help right away.

IMPORTANT SAFETY INFORMATION

Use EpiPen® or EpiPen Jr® Auto-Injectors right away when you have an allergic emergency (anaphylaxis). Get emergency medical help right away. You may need further medical attention. Only a healthcare professional should give additional doses of epinephrine if you need more than two injections for a single anaphylactic episode. EpiPen® or EpiPen Jr® should only be injected into the middle of your outer thigh (upper leg), through clothing if necessary. Do not inject into your veins, buttocks, fingers, toes, hands or feet. Hold the leg of young children firmly in place before and during injection to prevent injuries. In case of accidental injection, please seek immediate medical treatment.

Not actual patient.

Please see additional Important Safety Information and Indications on the back.

Please see accompanying Full Prescribing Information and Patient Information.

Every EpiPen 2-Pak® (epinephrine injection, USP) and Mylan's Authorized Generic For EpiPen Two-Pack comes with an EpiPen® Trainer

Practice with your Trainer repeatedly to become familiar with it.

The EpiPen® Auto-Injector and Mylan's Authorized Generic For EpiPen®

The EpiPen® Trainer



or

Identify the EpiPen® Trainer by:

Label

The EpiPen® Trainer is clearly labeled **TRAINER** or **TRAINING DEVICE**.

Color

The EpiPen® Trainer is shaded grey.

EpiPen® and Mylan's Authorized Generic For EpiPen® are yellow.

EpiPen® and Mylan's Authorized Generic For EpiPen® are green.

No Window or Liquid

Reset after each use



or

Always have access to two Auto-Injectors in all the places you may need them because some people require a second dose. More than two sequential doses should be administered only under direct medical supervision.

The gray EpiPen® Trainer contains no medicine and no needle, and **SHOULD NOT BE USED** during an anaphylactic reaction.

Visit epipen.com to watch our *How to Use* video and more.

IMPORTANT SAFETY INFORMATION (Continued)

Rarely, patients who have used EpiPen® or EpiPen Jr® may develop an infection at the injection site within a few days. Some of these infections can be serious. Call your healthcare professional right away if you have any of the following at an injection site: redness that does not go away, swelling, tenderness, or the area feels warm to the touch.

Tell your healthcare professional about all of your medical conditions, especially if you have asthma, a history of depression, thyroid problems, Parkinson's disease, diabetes, high blood pressure or heart problems, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Be sure to also tell your healthcare professional all the medicines you take, especially medicines for asthma. If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen® or EpiPen Jr®.

Common side effects include fast, irregular or "pounding" heartbeat, sweating, nausea or vomiting, breathing problems, paleness, dizziness, weakness, shakiness, headache, feelings of over excitement, nervousness or anxiety. These side effects usually go away quickly if you lie down and rest. Tell your healthcare professional if you have any side effect that bothers you or that does not go away.

Please see accompanying Full Prescribing Information and Patient Information.

For additional information, please contact us at 800-395-5376.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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